

Life Guard Training

CAC -March 16 thru April 2
(Mon, Wed, & Thurs)

5:30-10 pm

Bar Code 21925

CAC -April 13 -thru April 30
(Mon, Wed, & Thurs)

5:30-10 pm

Bar Code 21926

CAC -May 11 thru May 21
(Mon, Tues, Wed & Thurs)

5:30-10 pm

Bar Code 21927

MVAC -March 3 thru April 2
(Tues & Thurs) 6-10 pm

Bar Code 21898

MVAC -April 14 thru May 14
(Tues & Thurs) 6-10 pm

Bar Code 21899

SCAC - March 2 thru March 14
(Mon, Tues, Wed & Thurs) 5-9 pm
(Saturday) 9-2 pm

Bar Code 22210

SCAC - April 6 thru April 16
(Mon, Tues, Wed & Thurs) 5-9 pm
(Saturday) 9-2 pm

Bar Code 22211

WCAC -February 10 thru March 12
(Tues & Thurs) 6-10 pm

Bar Code 22499

WCAC—April 14 thru May 14
(Tues & Thurs) 6-10 pm

Bar Code 22928

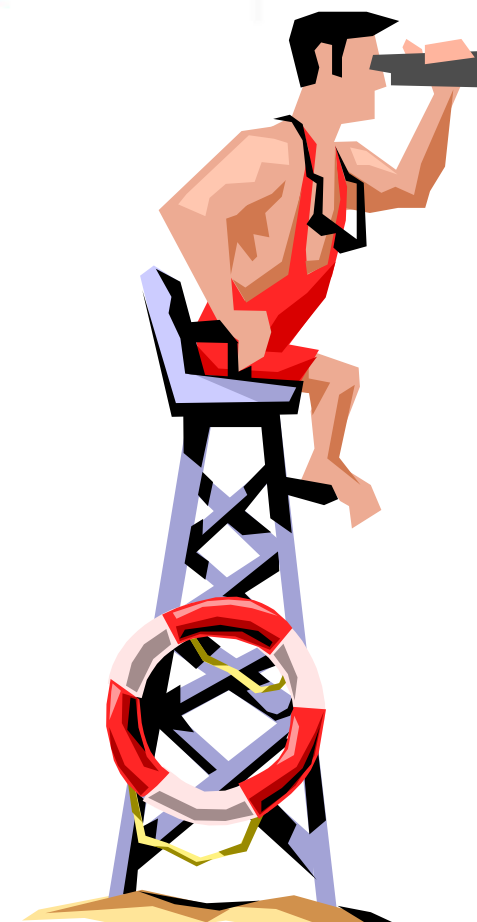


Cobb County...Expect the Best!

**AQUATIC SCHOOL
2009**



**American
Red Cross**



**LIFE GUARD TRAINING with
FIRST AID & CPR TRAINING**

The American Red Cross Lifeguard Training Program is designed to train participants to be safe and effective professional lifeguards. This course includes Standard First Aid (S.F.A.), Lifeguard Training (L.G.T.), and Cardio-Pulmonary Resuscitation for the Professional Rescuer/Automated External Defibrillator (CPRO/AED). All three of these certifications are necessary for completion of the Lifeguard Training program. Lifeguards deal with many issues on a daily basis and these three components are needed to help educate the participant on all aspects of professional lifeguarding. This course will show the participant how to recognize and effectively handle situations that arise while lifeguarding.

CPro Re-certification

CAC March 12 (5-10 pm) - Bar Code 21922

CAC April 2 (5-10 pm) - Bar Code 21923

CAC May 15 (5-10 pm) - Bar Code 21924

MVAC April 27 (6-10 pm) - Bar Code 21891

MVAC April 29 (6-10 pm) - Bar Code 21892

CPro requires that each student have a text book & a pocket mask . A pocket mask will be provided at no extra charge. A textbook will also be available for an additional \$35.00 fee if the student does not have the book originally issued when they took Life Guard Training or when they took CPro last year.

There are several criteria that a student must meet at the start of the class in order to continue with the program. These are as follows:

- Students must be 15 years old or older before the final night of class.
- Students must be able to swim 300 yards (6 laps / 12 lengths) without stopping.
 - 100 yards continuous front crawl with rhythmic breathing.
 - 100 yards continuous breast-stroke using a pull, breathe, kick, glide sequence
 - 100 yards of front crawl or breaststroke.
- Starting in the water, students must be able to swim out 20 yards, retrieve a 10 lb. brick from 7 to 10 feet of water and swim the brick back 20 yards to the starting point and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

To pass lifeguard training, each student must complete each of the following as required by the American Red Cross:

- Attend **ALL** classes.
- Pass a written final exam with 80% or better based on material covered in class as well as assigned reading in the provided textbook.
- Pass water scenarios given on the final meeting of class.

Registration for all classes is open now. Students can register on-line at the Cobb County Web-Site or in person at each facility providing that they meet the pre-requisite course requirements. For further information please contact the aquatic center that is hosting the class that you are signing up for.

FACILITY PHONE NUMBERS

Central Aquatic Center (CAC)

(770) 528-8465

Mountain View Aquatic Center (MVAC)

(770) 509-4925

South Cobb Aquatic Center (SCAC)

(770) 739-3180

West Cobb Aquatic Center (WCAC)

(770) 222-6700

Cost for Life Guard Training \$165.00

Cost for CPro \$60.00 with pocket mask

\$95.00 with new text book

